

Delaware Department of Education, Family & Consumer Sciences Family, Career and Community Leaders of America (FCCLA)

The Delaware Department of Agriculture welcomed the Delaware Department of Education, Family & Consumer Sciences Program and the Family, Career and Community Leaders of America (FCCLA) as first time presenters in the Agricultural Commodities and Education buildings at the State Fair. On July 30th they showed an eager audience how to prepare winning recipes from the 2009 Healthy Foods Competition.

The 2009 Healthy Foods Competition. was a collaborative effort between the Delaware FCCLA, the Delaware State Fair, and the Nemours Health and Prevention Service, Inc. . On-site participants prepared three dishes within the allotted time frame. Participants worked as a team and were judged on preparation skills as well as the finished product. Each team prepared a healthy appetizer, healthy entrée, and healthy dessert. The finals were held in the Fair Exhibit Hall on July 24 and the Mount Pleasant High School team was declared the winner.

Family and Consumer Sciences (FCS) courses prepare students to live effectively as individuals, contribute to a functional family, and become a positive force within their communities. These courses are an essential part of both the middle and high school curricula. FCS courses tie the domains of knowledge and practical skills together in an integrated manner needed by every student. FCS has evolved over the years from its beginnings as Home Economics.

Family, Career and Community Leaders of America (FCCLA) is a leadership development organizations for students enrolled in Family and Consumer Science courses. There are chapters across the state.



Left to right: Carrie Miller, Mark Huxsoll, Jared Boyle, and Christine Kirkpatrick (teacher)

Recipes follow.

Bruschetta – Done Our Way

Yield: 5 servings

Fresh Tomato Salsa

- 2 cups tomatoes diced
- ¼ cup + 2 tablespoons red onion, finely diced
- ½ jalapeno, seeded and minced
- ¼ cup fresh cilantro, chopped
- ¼ teaspoon salt
- 1 pinch cayenne pepper, or to taste

Directions:

Combine tomatoes, onion, vinegar, jalapeno, cilantro, salt and cayenne in a medium bowl. Refrigerate until ready to serve.



Nutrition Facts: Calories – 25; Fat – 2g; Sodium – 25 mg



Meat Loaf Muffins

(Serve with Mashed Potatoes with Broccoli)

Serving size: 2 “muffins”

<u>Ingredients</u>	<u>3 servings</u>	<u>6 servings</u>
Olive oil	½ teaspoon	1 teaspoon
Onion, finely chopped	½ cup	1 cup
Carrots, finely chopped	¼ cup	½ cup
Oregano	½ teaspoon	1 teaspoon
Garlic cloves, finely chopped	1	2
Ketchup, divided	½ cup	1 cup
Ground turkey	½ pound	1 pound
Ground beef (lean)	¼ pound	½ pound
Saltine crackers – salt & fat free	½ cup	1 cup
Prepared mustard	1 tablespoon	2 tablespoons
Worcestershire sauce	½ teaspoon	1 teaspoon
Fresh black pepper	1 grind	2 grinds
Egg white	1	2
Cooking spray	1	2

Meatloaf Muffins cont.

Preheat oven to 350 degrees F.

Spray muffin pans with cooking spray.

Heat olive oil in large non-stick skillet over medium heat. Add chopped onion, chopped carrot, oregano, and garlic. Sauté 2 minutes. Cool.

Combine onion mixture with ¼ cup ketchup and remaining ingredients.

Spoon mixture into muffin cups.

Top each “muffin” with 2 teaspoons of ketchup.

Bake for 25 minutes (160 degrees F). Let stand for 5 minutes; then serve.

Nutrition Facts: Calories – 333; Fat – 16 g; Sodium – 520 mg.

Mashed Potatoes with Broccoli

Yield: 3 servings

2 large red skin potatoes, washed with eyes removed

1 cup broccoli, cut small

4 slices zucchini, sliced 1/8 inch thick lengthwise

Light drizzle of olive oil

¼ cup onion, chopped fine

¼ to ½ cup sour cream

Salt and pepper to taste

Cut potatoes into even sized pieces.

Cover with water, add salt, bring to a boil and reduce heat to medium.

Cook potatoes until slightly resistant to a fork.

Add broccoli and cook until both vegetable are soft, but broccoli is still bright green.

When broccoli is added to potatoes, lay zucchini slices in the pot on top of the other vegetables. Cook zucchini until fork tender 5 to 6 minutes, then remove to a plate.

While potatoes cook, drizzle a very small amount (about 1 to 2 teaspoons) of olive oil into a sauté pan. Sauté the onions until just starting to caramelize.

In the same pan in which the onions are caramelized, lightly sauté the zucchini to add some color. Remove from pan to a plate.

Drain potatoes and broccoli, smash with potato masher, add onion and sour cream. Add seasonings.

Line inside of ring mold with the zucchini, spoon potatoes into the center. Remove ring.

Nutrition Facts: Calories – 100; Fat – 5 g; Sodium – 500 mg



Demonstrating decorative plating.

Cheesecake Phyllo Cups with Fruit

Yield: 4 servings

4 sheets phyllo
Butter flavored cooking spray
3 ounces reduced fat cream cheese
6 tablespoons reduced fat sour cream
1 tablespoon + 1 teaspoon sugar substitute
3/5 teaspoon vanilla
Fruit of your choice such as strawberries, pineapple, peaches, blueberries, peeled and sliced or chopped, depending on preference.
Fresh mint.

Phyllo Cups:

- Carefully remove one sheet of phyllo at a time, spraying each with butter flavored cooking spray as you layer them one on top of the other. Do not spray the top sheet.
- Using a sharp knife, cut the layered phyllo into fourths the long way, then into squares across the opposite way.
- Gently place 2 squares into each mini muffin pan.
- Bake at 325 degrees F for 8 – 10 minutes until golden brown.
- Remove from oven and cool.



Filling:

Combine next 4 ingredients above until smooth.
Pipe filling into bottom of each cup.
Complete with fresh fruit and mint leaf.

Raspberry Garnish:

6 ounces fresh raspberries (about 1 ½ cups)
1 tablespoon orange juice
2 tablespoons + 1 ¾ teaspoons granulated sugar or substitute

- In a food processor or using an immersion blender, puree the raspberries with the orange juice and sugar.
- Strain through a sieve, pressing hard on the seeds with the back of a spoon to remove as much puree as possible.
- May be refrigerated 2 to 3 days – add fresh berries if desired when serving.
- Garnish may be enhanced using a small amount of sour cream slightly sweetened with granulated sugar or sugar substitute.

Nutrition Facts: Calories – 118; Fat – 8 g; Sodium – 109 m

